

Our Interclub

Well it's over and didn't we do well? A big pat on the back for all of us and a big thank you to the Maida Vale swimmers who helped us by bringing a plate of food to share. The raffle again paid for the cost of hiring the pool for the morning.

Our helpers Maxine Green, Gordon Jones, Trish Deaker (wish you were swimming), Glen Shaw, Ron Hutchinson, Eleanor Smith and Trish's mum, Merlene Brown, all helped with the smooth running of the Interclub.

We have received many positive comments.



Paul Bayliss, Erin Shaw, Sandra Mutch and Graeme Groom after the 4 x 50m Mixed Medley Relay

Club records went to Kerry Hutchinson, 50m Freestyle, 100m Individual Medley and the 50m Breaststroke. Gillian Lee 50m Freestyle, Erin Shaw 100m Individual Medley and 50m Backstroke, Paul Bayliss, 50m Breaststroke and 50m Freestyle, Graeme Groom, 100m Individual Medley and 200m Backstroke.

100m IM	2nd	Shaw, Erin	1:36.30	Club Record
100m IM	1st	Hutchinson, Kerry	1:45.16	Club Record
200m BA	2nd	Mutch, Sandra	3:44.34	
200m BA	1st	Groom, Graeme	3:18.39	Club Record
50m BR	1st	Shaw, Erin	48.93	
50m BR	1st	Hutchinson, Kerry	49.62	Club Record
50m BR	4th	Lee, Gillian	1:12.25	
50m BR	2nd	Bayliss, Paul	43.31	Club Record
50m BA	1st	Shaw, Erin	43.53	Club Record
50m BA	3rd	Lee, Gillian	57.88	Club Record
50m FR	2nd	Mutch, Sandra	37.46	
50m FR	1st	Hutchinson, Kerry	37.83	Club Record
50m FR	4th	Lee, Gillian	42.50	
50m FR	3rd	Bayliss, Paul	35.12	Club Record
50m FR	1st	Groom, Graeme	33.19	



Gordon Jones and Maxine Green, the Recorders for our Meet.

Paul, Graeme, Kerry and Erin set a New State record for the 4 x 25m Mixed Freestyle Relay in the 200+ age group, with a time of 1.04.44.

Swan Hills Training times

Monday, Wednesday, Thursday & Friday mornings (early birds), 5.15am – 7am, cost is currently \$70 for the month. If the early start is just too early, the coach has the program structured so that you can get in the water at 6am. Experienced Coach on deck at all times.

Saturday's 9.30 to ~11.30am – Aerobic Swims/club get together. Come along and do some longer swims and participate in our Aerobic awards, training and stroke correction also if required

2006 Be Active Club Challenge's (BACC's)

Targeted events for 2006 to be swum later in the year are.

Stadium Snappers BACC	Long course	15 th October
Somerset BACC	Long course	19 th November

Do you need bathers?? We have Ladies bathers in racer back style or the Katozoot style, prices range from \$39.20 - \$46. How about a Swan Hills shirt to show off your loyalty at Interclubs? These are available through the Swan Hills Swimming Club, or a new Swan Hills swim cap? Sandra has these for only \$6.

Have you visited our related websites?? If not here are the addresses for you to add to your favourites.

<http://swanhillsaussi.tripod.com/index.html>

Our own website that gets updated whenever possible. ☺

<http://swanhillsswimclub.tripod.com/>

Swan Hills swimming Club website

<http://www.aussiwa.com.au/>

State AUSSI website with lots of useful State info.

<http://www.aussimasters.com.au/>

The National website - all the Rules, Results & Ranking etc